

With  
Richard  
O'Hara

# Acupuncture for Hand Therapists



**Duration: 2 days**  
**CPD Hours: 15**  
**Date: 5-6th September 24**  
**Format: Face to Face**  
**Fee: £355**

Richard O'Hara is a Chartered Physiotherapist working in NHS and Private Health Care. He is an Advanced Practitioner and has been treating patients with Acupuncture since 2009. He has been teaching Acupuncture to HCPC registered Professionals since 2013 and has an MSc (Acupuncture in Healthcare).

## Overview:

This introduction to Acupuncture is designed specifically for HCPC Registered Occupational Therapists and enables them to apply Acupuncture in Practice. It is also open to Physiotherapists.

The course teaches 10 influential Acupuncture Points and their safe implementation in practice.

Acupuncture is introduced from the Traditional Chinese and Western Medical Perspectives. The emphasis of the course is on the safe and effective application of Acupuncture as an adjunct to Hand Therapy and Pain Management.

It helps Occupational Therapists maintain occupation at the centre of practice within Hand Therapy and Pain Management. The 2021 NICE guideline "Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain", recommends Acupuncture.

Certification will verify attendance and successful completion of the safety test.

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Training made easy

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## Course Content

- Safety considerations  
Contra-indications and precautions for Acupuncture
- Acupuncture's physiological effects  
Overview of the Traditional Chinese aspects of Acupuncture
- Acupuncture point anatomy, surface marking, and the point location
- Needling skills
- Ten useful acupuncture points that can be easily applied in clinical practice
- Each delegate will undertake a practical needling safety test  
The course allows delegate (Occupational Therapists and Physiotherapists) to use Acupuncture in Practice.

## Key Learning Outcomes:

- Understand Acupuncture legislation
- Understand the contra-indications and precautions for Acupuncture
- Demonstrate safe needling application
- Understand the physiological effects of Acupuncture
- Apply Acupuncture for Pain Management and hand conditions to improve painful limitations of movement and pain behaviours
- Demonstrate a critical understanding of evidence relating to acupuncture and research issues in Acupuncture

